



Homemade Pizza Sauce from Scratch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



35 kcal

SAUCE

Ingredients

- 2 tablespoons garlic salt
- 2 tablespoons olive oil
- 10 roma tomatoes
- 1 cup water
- 0.3 cup sugar white
- 1 tablespoon vinegar white

Equipment

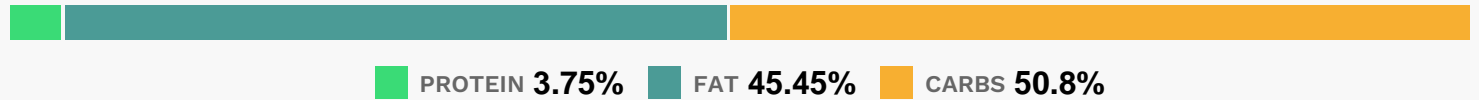
- food processor

- pot
- blender

Directions

- Place tomatoes, water, and olive oil in a blender or food processor; blend until smooth.
- Transfer tomato mixture to a large pot.
- Stir sugar, garlic salt, and vinegar into tomato mixture and bring to a boil. Reduce heat to medium-low and simmer until thickened, 1 to 2 hours, stirring occasionally.
- Pour tomato sauce into a clean blender or food processor no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until tomato sauce is very smooth.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.58, Inflammation Score:-3, Nutrition Score:1.6395652090078%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 34.66kcal (1.73%), Fat: 1.84g (2.83%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.16g (1.51%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 874.82mg (38.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin A: 322.79IU (6.46%), Vitamin C: 5.31mg (6.43%), Vitamin K: 4.11µg (3.92%), Vitamin E: 0.46mg (3.08%), Potassium: 92.12mg (2.63%), Manganese: 0.05mg (2.36%), Fiber: 0.47g (1.86%), Vitamin B6: 0.03mg (1.55%), Folate: 5.81µg (1.45%), Copper: 0.03mg (1.31%), Vitamin B3: 0.23mg (1.15%), Magnesium: 4.44mg (1.11%)